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THE WAIT IS OVER
 FOR GLEEKS
 DIFFERENT TUNE
 FOR SEASON 2 {page 8}



FLUKE?
 OR HAVE THE
 JAYS FOUND
 A GEM? {page 19}



OTTAWA

metro®



Tuesday, September 21, 2010
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Long-gun registry likely to survive

► Vote expected to be very close ► Prime minister and three cabinet ministers flying back from UN meetings in New York to be present ► New poll suggests NDP taking a hit because of how its caucus is handling the vote

The architect of the Conservatives' plan to scrap the long-gun registry says she will try to build support for her bill right up until tomorrow's crucial vote.

But Manitoba Tory MP Candice Hoeppner conceded yesterday that with

another New Democrat pledging to vote in favour of keeping the program, her bill is likely dead.

As the House of Commons resumed, New Democrat Peter Stoffer announced he's switching his vote and will now

support keeping the long-gun registry in place, despite his long opposition to it.

Hoeppner, who said she had been trying to reach Stoffer since last week, said she now understood why the Nova Sco-

tia politician hadn't returned her calls.

As she pulled up to Parliament Hill in a white SUV plastered with "scrap the registry" decals, she said she's not hanging up the phone just yet.

THE CANADIAN PRESS

Rally. Health



► Jen Baumeister, left, and Diana Gordon both went to Albany, N.Y., to receive the CCSVI liberation treatment for MS. The results have been amazing, "like night and day," said Baumeister, who attended the MS treatment rally yesterday along with hundreds of others on Parliament Hill.

Hundreds rally for MS treatment on Parliament Hill

Municipal election

Candidate focuses on Chinese

► Jim Watson unveils bilingual campaign signs, promises international visits {page 2}

The business of learning

Get ready with Metro's MBA Guide {pages 17, 18}



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Allan Small
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hazards of too
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analysts giving
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Group Bike Ride

Wednesday, September 22,
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TRACEY TONG/METRO OTTAWA

► Author Jane Urquhart was in Ottawa yesterday to read from her latest book, *Sanctuary Line*.

Urquhart shares her Sanctuary

Writer Jane Urquhart is ecstatic.

The author of *The Underpainter*, *The Stone Carvers* and *A Map of Glass*, who was in Ottawa yesterday to read from her seventh novel, *Sanctuary Line*, had just learned that her latest effort had earned her a Giller Prize nomination.

In *Sanctuary Line*, a young entomologist moves into her family's deserted farmhouse to be near her work and deal with the re-

cent death of her cousin. It concerns four disparate topics, said Urquhart — the presence of Mexican migrant workers at Ontario fruit farms; Canadian women's presence in Afghanistan in a combat role; the death of the family farm; and monarch butterflies on the edge of Lake Ontario.

Like her protagonist, the writer is also from a farm and makes her home in Northumberland County.

"This is the first book that I've written in first person, from the point of view of a woman ... I found it was emotionally kind of devastating," she said. "I found it really hard to write and I still can't read certain passages aloud."

While readers "won't learn anything factual about me" by reading the book, "they might learn a little of my emotional life," she said.

● TRACEY TONG

Watson's sign of prosperous times

- Suggests more Chinese signs
- Played up sister city status with Beijing during first stint as mayor

For a man with a mayoralty platform heavy on tourism, Jim Watson's Chinese name is very appropriate.

According to translator Jin-Tiong Tan, a retired uOttawa professor, Watson's Chinese name, Wan Jin Si, literally means "Countless Number, to Promote Events, Thoughtfully."

"I'm not making this up," Watson said before distributing new English/Chinese campaign signs to businesses along Somerset Street.

The signs, he admits, are for a politician trying to appeal to a targeted audience, but the concept should be applied to marketing Ottawa to visitors from China.

If Ottawa wants to capitalize on Canada being an approved destination for Chinese tourists, there will have to be more Chinese

"We want to welcome Chinese people by the tens of thousands, but if we don't market in their language, they are not going to feel that welcome."

JIM WATSON

signs, he said.

As mayor, Watson said he would have a policy of making one international visit per year. That would help focus official visits to best help Ottawa create economic activities, while keeping travel costs down.

During his time as mayor, Larry O'Brien has only made two official international trips and both were this year.

● TIM WIECLAWSKI



► Jim Watson and supporters in front of the Chinatown Gateway, which will have its official unveiling ceremony in early October.

Événements : Journée sans ma voiture

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Man to blame caffeine in murder defence

► Defendant tested negative for amphetamine-type substances shortly after the killing: Prosecutor

A Kentucky man accused of strangling his wife is poised to claim excessive caffeine from sodas, energy drinks and diet pills left him so mentally unstable he couldn't have knowingly killed her, his lawyer has notified a court.

Woody Smith, 33, is charged with murder in the May 2009 death of Amanda Hornsby-Smith, 28.

Defence lawyer Shannon Sexton filed notice with the Newport court of plans to argue his client ingested so much caffeine in the days leading up to the killing that it rendered him temporarily insane — unable even to form the intent of committing a crime.

Prosecutors, meanwhile, said their own expert may testify there was no evidence Smith had consumed diet pills or energy drinks as he claimed before his wife died.



► A cup of cappuccino.

Smith told Dr. Robert Noelker, a psychologist from Williamstown hired by the defendant, he remembers taking his children to school that morning.

But Smith remembers little else about the ensuing hours.

In the weeks preceding May 4, 2009, Woody Smith told Noelker, he hadn't been sleeping, in part out of fear his wife would take their two children and leave him.

Caffeine defence

► Precedent A legal strategy invoking caffeine intoxication is unusual but has succeeded at least once before, in a case involving a man cleared in 2009 of charges of running down and injuring two people with a car in Washington state.

► Medical diagnosis Dr. Roland Griffiths, a professor of behavioural biology at Johns Hopkins University, has noted in a study that there is a diagnosis for "caffeine intoxication," which includes nervousness, excitement, insomnia and possibly rambling speech.

"The next several hours of Mr. Smith's life, were described to me as if he were in a daze," Noelker wrote in a report. **THE ASSOCIATED PRESS**



► A woman holds her newborn child after being discharged from a government maternity hospital in Katmandu, Nepal.

GEMunu Amarasinghe/THE ASSOCIATED PRESS

UN to address fatal pregnancies

In Nepal and across the world are success stories in the battle against maternal mortality. But as the UN hosts a September 2010 summit to review progress in easing the world's humanitarian crises, it faces a troubling reality: Hundreds of thousands of pregnant women still die unnecessarily every year.

Russia announces Arctic expedition

Russia is boosting its research efforts to support its claims for parts of the Arctic continental shelf, the Kremlin's point man for the Arctic said yesterday.

Artur Chilingarov told reporters that he will head an expedition next month to launch a drifting research station in the Arctic to gather scientific data in support of Russia's claim on Arctic territories. **THE ASSOCIATED PRESS**

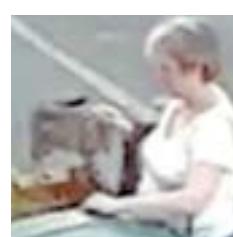
Russia, Canada and Denmark are planning to file claims to the United Nations to prove their respective rights to the Lomonosov Ridge, an underwater mountain range.

Chilingarov said Russia would speed up collection of scientific data and submit them to the UN in 2013, matching the claim by Canada expected for that year. **THE ASSOCIATED PRESS**

Animal group to prosecute cat dumper

A British animal protection group says it is taking legal action against a woman who horrified animal lovers when she was recorded dumping a cat into a garbage bin.

The Royal Society for the Prevention of Cruelty to Animals says that it will prosecute 45-year-old



► An image from YouTube shows Mary Bale dumping a cat into a garbage bin.

Mary Bale for allegedly "causing unnecessary suffering to a cat." **THE ASSOCIATED PRESS**

Northern lights put on live web show

Canada's northern lights have gone online.

Starting last night, live feeds of the aurora borealis became available on AuroraMax, a website set up by the Canadian Space Agency.

A CSA spokeswoman says light shows will begin after dusk local time or at about 11:30 p.m. EDT.

But if skywatchers can't stay up, they can watch it

the next day on video.

The launch of the online observatory coincided with aurora season in Northern Canada, which generally begins in late August or early September and ends in May.

Auroras occur at this time of year as charged particles from the sun collide with gases in Earth's upper atmosphere. **THE CANADIAN PRESS**



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Google tries to defend market share

Google is hiring dozens of marketing and technical employees in China to defend a shrinking market share against local rivals after closing its Chinese search engine six months ago this Wednesday.

Google beefs up anti-hacker measures

► Index of web pages is the largest in the world, comprising of billions of web pages

Google is making it tougher for computer hackers and other imposters to break into email accounts and other password-protected services.

An additional security measure introduced yesterday will require typing a six-digit code after an accountholder's Google password is entered. The codes will be sent to people's mobile phones.

The two-step login means it will take more than a password to get into an account.

The extra protection initially will be offered to

companies and government agencies subscribing to a Google service that provides email and other office applications. Google Inc. also is offering the added security to schools that rely on Google to run their email.

People using Google's free Gmail service will be able to make the security codes part of their login process within the next few months. Google started as a research project at Stanford University, created by Ph.D. candidates Larry Page and Sergey Brin.

THE CANADIAN PRESS

100

Google's name is a play on the word *googol*, which refers to the number 1 followed by one hundred zeroes. The term was coined by Milton Sirotta, nephew of American mathematician Edward Kasner, and was popularized in the book, *Mathematics and the Imagination* by Kasner and James Newman.

Wireless prices should stay low, study says

New wireless companies will need to keep their prices low to gain a significant number of subscribers, putting pressure on the established carriers to defend their turf, says an industry study released yesterday.

The Convergence Consulting report forecasts that average revenue per user at Canadian wireless services will decline by one per cent this year, following a three per cent decline in 2009.

The decline is mainly due to lower revenue per user from voice services, which are projected to drop by seven per cent this year, following a nine per cent decline last year as the new entrants began to enter the market, the report says.

"If the new entrant wireless independents do not sustain lower prices they will not gain a significant number of subscribers," said the report by the Toronto-based Convergence Consulting Group Ltd.

It is forecasting that by the end of this year it will



be 31 per cent and 60 per cent by year-end 2014.

"By year-end 2014, we forecast Alberta, B.C. and Quebec will see the most market impact from new entrants," the report said.

"New entrant combined voice/data prices can undercut incumbents and their flanker brands by more than half (or up to 75 per cent when just comparing data), while incumbent flanker brands can undercut incumbent voice pricing by more than half," the study said.

THE CANADIAN PRESS

Convergence

Convergence Consulting projects that recently launched companies such as Wind Mobile, Mobility, Public Mobile and others will have six million subscribers, or 18.6 per cent, of Canadian wireless subscribers by the end of 2014.

► Entrants The Convergence Consulting Group said with four of the six key new entrants having launched, as well as Bell repositioning Solo and Rogers launching discount brand Chatr, both data and voice pricing are under attack.

► Exclusive Quebecor's Videotron recently launched its wireless service only in Quebec.

► Percentages of market The Convergence Group estimated that smartphone and data device subscribers represented 22 per cent of the Canadian market at year-end 2009.

Price hurts e-car sales, say experts

Cost is still the major factor dissuading consumers from buying electric vehicles, and until producers can find a cheaper battery — or until gasoline prices soar — zero-emission vehicles will remain a niche market, industry players say. Gas prices would need to top \$1.36 per litre for hybrid vehicles to appeal.

THE CANADIAN PRESS

Group: U.S. recession ran 18 mos.

The longest recession the United States has endured since the Great Depression ended in June 2009, a group that dates recessions declared. The National Bureau of Economic Research, a panel of academic economists based in Massachusetts, said the recession lasted 18 months.

THE CANADIAN PRESS

Market moment

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GETTING PERSONAL WITH PERSONNEL

She says ...

JESSICA NAPIER



Nothing spices up a boring work week like lust after a good-looking cubicle mate.

Working in close proximity to a hunky colleague transforms a dull office environment into a flirtatious playground. And while some people might never get beyond innocent banter at the photocopier, there are more and more individuals turning their workplace crush into a full-blown romance.

Most of us spend 40-plus hours a week at work and, as a result, our offices have become the default place to meet potential partners. Mixing pleasure with business certainly has its

benefits. Who wouldn't want a standing lunch date or an opportunity to indulge in a mid-week (hump-day) quickie in the conference room?

But is coupling off with a co-worker always a good idea? Of course not. Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful.

Before you take your office crush to the next level, brush up on the company's official policy when it comes to employee relationships. Is there something specific about this in the HR handbook or is it just "frowned upon"? Make sure you

have a clear understanding of the consequences before you risk your career for a tryst with a sexy desk buddy.

"Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful."

Regardless of whether there are formal rules against it, entering into a relationship with a co-worker requires some serious consideration.

If you do decide to begin dating, be sure to exercise some discretion around your

workers. Then again, you have to realize that while you might try to keep it a secret initially, your colleagues will inevitably find out. When they do, you'll have to be ready for your private life to become hot gossip for the of-

fice rumour mill.

Ultimately, it's up to you to determine if the pros outweigh the cons when it comes to an after-hours romance. A serious love affair might be worth the trouble but a casual fling, while sexy and convenient, probably won't justify the potential fallout. Think about it — do you really want to spend eight hours a day working with your ex?

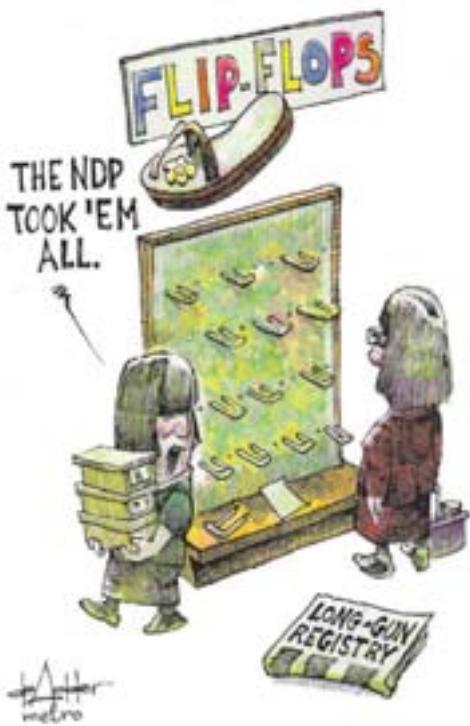
Sure, when it's good it might be really good — but if it all goes horribly wrong, you just might need to quit your job. Breakups are bad enough, but when you simultaneously lose a relationship and a paycheque the results can be devastating.



Read more of
Jessica Napier's columns
at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Don't blame vegetarians

Letters & Tweets

Re: 5 worst foods (Sept. 20)

TORONTO. It's incorrect to blame tofu-eating vegetarians for the decimation of South American rainforests. The vast majority of the soy grown is used for cattle feed to produce beef, listed as your No. 1 worst forest food. As the United Nations' report Livestock's Long Shadow pointed out, the animals-for-food industry creates more greenhouse gas equivalents than all the cars, trucks, ships and airplanes in the world combined. On the other hand, a vegetarian or vegan diet is the best diet for minimizing one's ecological

Tree huggers



footprint. **MICHAEL HAYWARD**

VANCOUVER. With the recent debate on the gun registry, I have only one thing to say. I am tired of political posturing along party lines. I don't support the registry.

Every poll I have seen says it is useless; and I believe so as well. Can we all work together for once in-

stead of having the party brass dictate the outcome?

DAVID NAGY

We asked: What food can you absolutely not stand to eat.

TORONTO. I absolutely can't stand to eat okra.

JHOBELL FAUSTINO

What was your favourite game as a child? Why?

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Metro Minute at La Vendemmia

Check out La Vendemmia, Ottawa's annual celebration of Italian wine and food, which kicked off last night on Preston Street.

Running through Sunday, La Vendemmia is an Italian celebration of harvest time when farmers gather to celebrate the Earth's bounty, catch up with their neighbours, and celebrate the end of the in-

tense work involved in planting, growing, and harvesting. The festival here includes wine and food seminars, dinners, cooking demos, wine tastings and a charity grape stomp.

While you're there, check out 15 new bronze and granite sculptures designed by Wakefield artist CJ Fleury. **TRACEY TONG**



► La Vendemmia is held in the heart of Little Italy on Preston Street.

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In brief



Paris Hilton acknowledged yesterday that she had cocaine in her purse and pleaded guilty to two misdemeanour charges stemming from her arrest last month at a Las Vegas hotel-casino. She will serve a year of probation and must complete a drug abuse program.

THE ASSOCIATED PRESS



Stevie Wonder urges UN diplomats to pass treaty for helping the blind or face his musical wrath

► Will Fox's hit TV musical turn grimmer in its sophomore season? ► On-campus crisis, new students and football coach bring new sensibility to Glee



► Fox's own high school musical Glee is back for its second season.

HANDOUT PHOTO



► Lady Gaga

Lady Gaga rallies for change in gay policy

Lady Gaga wants Maine's Republican senators to cast votes this week to help repeal the military's "don't ask, don't tell" policy on gays.

The Grammy Award-winning pop singer will attend a rally organized by Servicemembers Legal Defense Network on Monday in Deering Oaks Park, near the University of Southern Maine's Portland campus.

Lady Gaga is expected to stand alongside veterans who were discharged because of the policy, which prohibits service members from revealing if they're gay, the group said. The policy also bars military recruiters from asking about people's sexual orientations.

A proposal to repeal the "don't ask, don't tell" policy is attached to the defense authorization bill, which Democrats will try to bring to a vote this week.

Democrats need 60 votes today to cut off debate and proceed to the bill, again putting Republican Sens. Olympia Snowe and Susan Collins of Maine in the role of casting what could be deciding votes in the Senate, said Trevor Thomas, spokesman for Servicemembers Legal Defense Network.

"We need the support of Collins and Snowe and the best way to get it is to be able to be in their backyard," Thomas told The Associated Press.

Lady Gaga recently called on Senate Majority Leader Harry Reid to repeal the policy during an interview with Ellen DeGeneres. Gaga is known for her catchy hits, including Bad Romance, Paparazzi and Poker Face.

THE ASSOCIATED PRESS

Golden Glee back for more

Glee returns for its sophomore year with a new football coach, two new ears and eye-catching students, and an identity crisis for big man on campus Finn.

There's also something of an identity crisis for Fox TV's hit series as trouble comes fast and furious for the McKinley High glee club and its members in today's debut episode.

"Let's show them how down we are," says glee club director Will Schuester (Matthew Morrison), challenging his students to stage a number that will persuade others to join the club branded as a way station for losers.

Instead, the hour itself verges on being a downer. Will goes to the dark side with cheerleading coach Sue Sylvester, Rachel's self-absorption becomes ickier and, most unsettling of all, a molestation accusation is played, literally, with a

Best of Glee

Some of the main characters from the Fox show Glee:

THE FACULTY

Sue Sylvester (Jane Lynch): Head coach of McKinley High's cheerleading squad and "arch nemesis" of the glee club.

William Schuester (Matthew Morrison): McKinley High's Spanish teacher who becomes

wink.

But there's still joy to be had in the series that was nominated for a best comedy Emmy Award, losing last month to Modern Family. As the glee clubbers make the most of Empire State of Mind and Lea Michele, as Broadway-bound belter Rachel, owns (no surprise) What I Did for Love.

director of the glee club.

THE STUDENTS

Rachel Berry (Lea Michele): One of the key members of the glee club.

Artie Abrams (Kevin McHale):

The club's resident "nerd" who uses a wheelchair due to a spinal cord injury from a car crash.

Finn Hudson (Cory Monteith):

School football star who draws a lot of flak for joining the glee club.

There's also the introduction of two fresh-faced students with singing chops: an exchange student with a big smile and bigger voice (played by teenage pop star Charice, whose fan club includes Oprah Winfrey); and a golden-boy athlete (Chord Overstreet of iCarly, with cuteness of Justin Bieber dimensions).

Can they help McKinley's New Directions, which last year fell short at the regional competition, make it to the nationals in the Big Apple and defeat arch rival Vocal Adrenaline? Maybe.

The other McKinley newcomer is a female gridiron coach with a winning record, who quickly proves a formidable rival for Cheerios chief Sue (Emmy-winner Jane Lynch).

Coach Shannon Beiste wants the school budget to put football ahead of cheerleading. That won't do for Sue, who enlists Will in a plot to undermine Beiste (an effective Dot Marie Jones).

In its first year, Glee neatly combined music, edgy humour and coming-of-age poignancy. As long as pain doesn't eclipse the show's charm, Glee viewers will have something to sing about as the season unfolds.

THE ASSOCIATED PRESS

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- Degenerative disc disease
- Scoliosis



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What Our Patients Are Saying About the Treatment:



I am back to working as though I was 30 again. My son and I took a racing trip to Kentucky, driving a 70 foot RIG. On the way home, I had the failure that required extreme lifting and towing. Although exhausted physically, my neck and spine passed with flying colours. My son and I had to push a weight of 500 pounds on the highway to get back home. When I got home, my wife was waiting anxiously thinking that my pinched nerve would be back again. To her astonishment, I was feeling great! THANK YOU CDPC!

- Mr. & Mrs. Ollie Stephan

Before I threw my back out, I was on a walking program - 1 hour each day for 3 miles. When I saw the ad of spinal decompression, I could barely walk. I was tired of taking countless Robaxacet pills, drugs only mask the pain. CDPC was one of the best decisions I've ever made. After a month and a half of treatments, I'm feeling MUCH better. Once my lower back is 100%, I'm going to start treatments for my upper back. I'm happy to say I've also begun my walking program again. CDPC, you've found a customer that'll keep coming back!

- Quinn, B.



Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last five years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and looking forward to another school year without dreading the pain. THANK YOU CDPC!

- Menelaou, A.

After being a long time sufferer of neck pain, I felt I was reaching my wits end. I had tried everything in the book - acupuncture, chiro, and massage. I refused to give up. That's when I decided to give spinal decompression at CDPC a try. After 5 treatments, I am able to actually move my neck without pain. I am happy to recommend this to anyone in pain.

Bilzrami, A.



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10

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TUESDAY, SEPTEMBER 21, 2010

Clooney misses the message

► But it's loud and clear to girlfriend Elisabetta

George Clooney received a hero's welcome when he visited the tiny Italian hometown of girlfriend Elisabetta Canalis recently, according to People magazine, with crowds coming out to meet him and take photos.

One of the residents of Trenuraghene even handed the star a baby to pose with.

"He looked rather awkward with the 7-month infant in his arms, but he posed politely and carefully handed the baby back," a source says. "One of the older women there shouted, 'Ora tocca a te!' [It's your turn now!]. Clooney obviously didn't understand, but everyone turned to look at Elisabetta. She simply smiled."

● METRO



► George Clooney and Italian girlfriend Elisabetta Canalis

Talking points

Has Seacrest found his idol?

DANCING. Ryan Seacrest is reportedly ready to propose to Julianne Hough, according to People. "Things are really heating up between them," a source says. "We have never seen him like this before.

For the first time ever, he is taking a second away from work. We never thought he would ever meet anyone he liked as much as he does working, but now he has."

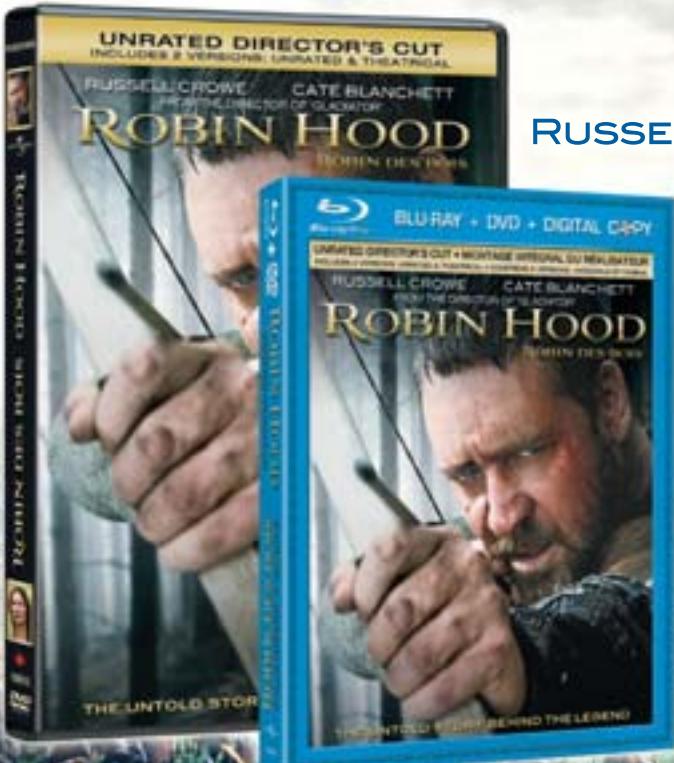
And Seacrest isn't the only one sold on the Dancing with the Stars star. "Ryan's parents adore her," another source says.

"She is smart, beautiful and funny but even more important, she has made their son happy. Now, they are just waiting for him to pop the question. Which could be any day now." ● METRO

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Don't use it if you can't spell it

► What to look for in a shampoo ► Expert warns against 'organic' claims
 ► Recommends always reading the ingredients to know what's in it

CELIA
MILNE
WELLNESS@METRONEWS.CA

It may smell like a sea breeze, but does your shampoo harbour nasty chemicals?

If you're longing for purity, you're not alone.

There are safer, simpler hair care products out there, but how do we find them?

"As a general rule," says Janelle Witzel, program manager of Toxics and Health at Environmental

Defence, "people should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."

Ergo, citric acid good; sodium hydroxymethylglycinate bad. Labels can be misleading, says Witzel.

"Claims or names that include 'natural,' 'eco' or 'organic' on the front of the bottle should always be verified by looking at the ingredient list on the back."

People should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand.

JANELLE WITZEL, TOXICS AND HEALTH AT ENVIRONMENTAL DEFENCE IN TORONTO

A word of warning: safer, healthier shampoos often cost more than

mainstream ones.

You may be able to find out more about your shampoo by visiting cosmeticsdatabase.com, which ranks the safety of personal care products on a scale of one to 10.

It is a U.S. site.

Picking up on the purity trend, The Body Shop now offers its Rainforest Hair Care Collection, which is free of silicones, colourants, and parabens. This line of shampoos and conditioners is non-toxic and biodegradable.

Avoid these

We asked Janelle Witzel from Environmental Defence (ED) — an organization that protects human health — to alert us to some of the ingredients we should avoid when buying shampoo.

► **Sodium laureth sulfate and sodium lauryl sulfate:** These are lathering agents. Sodium lauryl sulfate is a known skin irritant and suspected liver toxin. Sodium laureth sulfate, like other chemicals that have "eth" in their name (e.g., polyethelene glycol — or PEG), may be contaminated with 1,4-dioxane, a chemical which is suspected of causing cancer.

► **Cyclomethicone and siloxanes** (e.g., cyclotetrasiloxane, cyclopentasiloxane, or cyclohexasiloxane): Substances that make things shiny and are suspected of interfering with the hormonal system. They also irritate the skin, eyes, and lungs, and can stick around in the environment for a long time.

► **Fragrance/Parfum:** Often contains some phthalates to help scents last longer. Phthalates are a group of man-made chemicals that disrupt the hormonal system, and can cause infertility and birth defects of male reproductive organs.

► **Triclosan:** An antimicrobial/antibacterial agent that can weaken the immune system, disrupt the hormonal system, and convert to chemicals known to cause cancer.

► **DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15, and sodium hydroxymethylglycinate:** Preservatives that release small amounts of formaldehyde over time. Formaldehyde is a recognized human carcinogen and a substance that has been linked to various other health effects.

► **Parabens:** Preservatives that can easily penetrate the skin and are suspected of interfering with hormonal system and causing cancer. They also irritate the skin.

3 life

What to buy



WebMD listed these Top 10 Foods for Healthy Hair:

- Salmon
- Dark green vegetables
- Beans
- Nuts
- Poultry
- Eggs
- Whole grains
- Oysters
- Low-fat dairy products
- Carrots

CELIA MILNE



Spiriva as good as Serevent for asthma; Glaxo declines to donate drug for study

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Healthy hair: Strand SOS

Nutritionist Michelle Kingston helps us with the Top 4 hair problems and how to treat them with nutrition.

1 Dry and brittle. Add flax seed oil, nuts, seeds and oily fish to your diet.

2 Greasy. Vitamin B2 is the most important vitamin to help greasy hair and food sources are fish, milk and eggs.

3 Hair loss. Supply plentiful amounts of the building blocks for hair by increasing your intake of protein and iron.

4 Dandruff. Often occurs when the diet is too high in saturated fats, causing thick oil secretions from the scalp that gets clogged in the skin. Remove junk food and saturated fats from your diet.



The skinny story



**ROMINA
MCGUINNESS**
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Less stress

The less stressed we are the less cortisol is produced.

Cortisol is a hormone released when our bodies are stressed, and is linked to us storing fat on the tummy.

► Why is it some of us end the summer a little...
► Lee Mullins of Bodyism tells us both si...

moderation but if you get too much it will damage skin.

Sun exposure

Our body absorbs vitamin D from the sun's rays.

Vitamin D boosts our immune system and helps us maintain healthy bones throughout our bodies.

Sun exposure is good in

moderation but if you get too much it will damage skin.

Regular eating

Having time allows us to eat more regularly, preventing us from skipping meals or overeating at the

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Varicose Veins

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Spider Veins

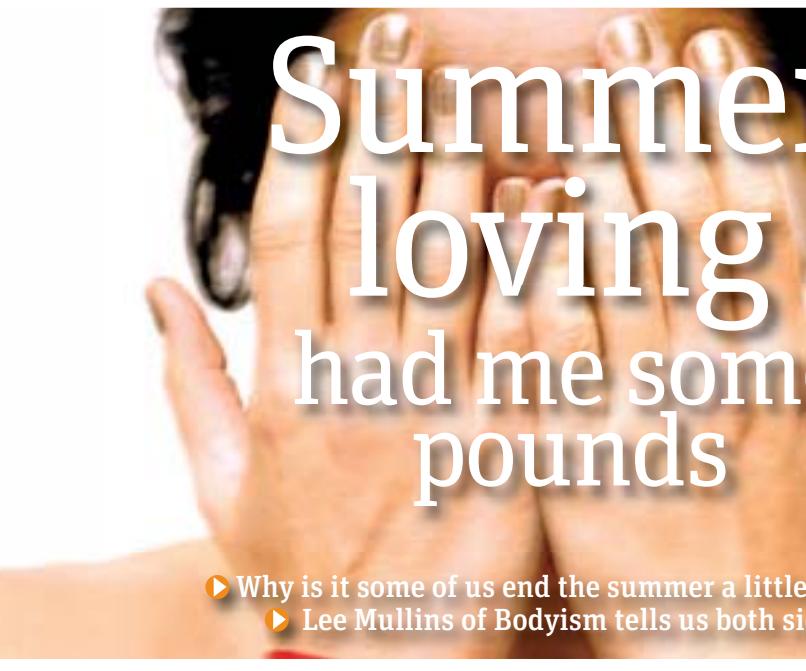
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The plus-size story

Why do we gain weight after a holiday?



Relaxing right

Did you spend your summer lazing by the poolside or hiking and water skiing?

Spending the day laying on the beach isn't the most active, especially if your body is used to regular gym workouts or just an overall active, physical lifestyle.

Diet

We tend to overeat because of the extra time we have to sit down and enjoy our meal rather than eating meals scattered throughout the day.

Without even realizing it, our sugar and carbohydrate intake increases over time.

Combine this large intake with lack of exercise and you will eventually begin accumulating more body fat.

Alcohol

Cocktails are nothing more than sugar and toxins.

If you're going to be drinking go for a glass of red wine high in antioxidants.

Stay hydrated with the right drinks such as water and herbal teas and not sugary sodas.

Late nights

Late nights caused by too much partying or jet lag can lead to us storing up more fat, messed up hormones and low energy levels.

Sleeping in late will only make you feel more lethargic whereas getting 7-8 hours sleep increases energy levels.

Breakfast

What we have for breakfast will affect how we feel for the rest of the day.

Starting the day with some blueberries, yoghurt and a handful of brazil nuts will help you will feel less bloated and more energized than if you've eaten a butter croissant or white bread.

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Similarly, patients who have recently undergone joint replacement surgery are often provided antibiotics before a dental procedure. Without taking such a precaution, there is a risk that a dental procedure may result in an otherwise harmless bacteria making its way into your bloodstream via the mouth and then placing your still healing joint at risk.

Even certain dental conditions can be explained by your health and/or medication. Patients undergoing cancer treatment are more prone to dry mouth and dental decay. If your dentist is aware of your condition, she can prescribe a treatment plan that is specific to your health needs.

These are some simple steps to optimize your dental care while you are at the dentist. Arrive feeling comfortable and ready to go! And keep your dentist informed about your overall health. When it's YOUR time in the dental chair, your dentist wants it to be about YOU and YOUR mouth...not anyone else! Because helping your dentist focus on YOUR dental needs is a healthy habit...and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

end of the day.

Fitting meals around hectic schedules can lead to erratic eating habits whereas on holiday we tend to eat at similar times each day which helps keep our metabolism going strong.

More sleep

Less stress generally leads to more sleep and that's a very good thing.

A good night's sleep (7-8 hours) enables the body to repair and recover itself more efficiently.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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All information is kept in strictest confidence.

Research programs are reviewed by an ethics review board.

03-18-10

Fall food equals comfort

ROSE REISMAN
FOOD@METRONEWS.CA

As fall approaches we have to take advantage of the fresh seasonal produce available. Roasted fall vegetables and a delicious pork tenderloin fits the bill. Serves six, enjoy!

Preparation:

Baked root vegetables with maple syrup and cinnamon

1 Preheat the oven to 425°F. Line 2 baking sheets with foil and coat with cooking spray.

2 Arrange the sweet potatoes, parsnips, squash, onion, beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an



extra 10 minutes, or until fork tender. Place vegetables on a serving platter.

3 To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the vegetables. Garnish with parsley.

Orange-glazed pork tenderloin

1 Preheat the oven to 375°F. Line a baking sheet with foil coated with cooking spray.

2 To make the stuffing, combine the cranberries, walnuts, cinnamon, cloves and walnut oil in the bowl of a small food processor. Pulse on and off until the mixture is crumbly. Add the diced brie and

pulse once or twice, just to combine.

3 Open the pork loin like a book and stuff with the fruit and nut stuffing. (If you would like to make this easier to roll, first pound the pork to a 1/4-inch thickness before stuffing.) Secure with either kitchen string or toothpicks. Set a large, nonstick grill pan or skillet

• 1/4 cup chopped parsley

Glazed pork

• 1 1/2 lb pork tenderloin, butterflied

Stuffing

• 2/3 cup dried cranberries

• 1/3 cup toasted walnuts

• 1/2 tsp cinnamon

• pinch of ground cloves

• 2 tsp walnut (or olive) oil

• 1 oz diced brie cheese

Glaze

• 2 Tbsp orange juice concentrate

• 2 Tbsp red currant or black currant jelly

• 1 tsp balsamic vinegar

• 1 tsp olive oil

• 1 tsp orange zest

• 1/2 tsp finely chopped garlic

Garnish

• 3 Tbsp chopped parsley

lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 or 3 minutes on each side. Place on the baking sheet and bake for about 20 minutes or until cooked to medium (until the meat reaches an internal temperature of 145°F). Wait for 10 minutes

before slicing.

4 Meanwhile, prepare the glaze by combining the orange juice concentrate, jelly, vinegar, olive oil, orange zest and garlic in a small saucepan. Set over medium heat for 1 minute and drizzle over the sliced pork. Garnish with parsley.

ADVERTISING FEATURE

Quality milk delivers quality cheese



Creamy, sharp, smooth, delectable... adjectives roll off your tongue the moment Damafro's cheese touches it.

With its varied selections like brie and camembert tempting customers across Canada, this Quebec-based company is proving that local ingredients can produce world-class taste. All it takes is know-how, along with the best ingredients like Canadian milk.

"The 100% Canadian Milk symbol is our label of quality," explains Philippe Guérineau, Damafro's Marketing Manager. "It underlines our commitment to producing the best cheese you can eat, because, as you can see, we're using the top ingredients available."

Damafro's cheeses, which bear the 100% Canadian Milk symbol, are made with the utmost care—and always with safety in mind. The Damafro plant is located in Saint-Damase, almost in the middle of Quebec's small but agriculturally rich Montérégie region. Every day it takes deliveries of raw milk from some 100 dairy farms speckled across Montérégie, and that milk must meet a high standard before it becomes part of the company's products.

"We dedicate one section of our plant to deliveries,"

says Philippe. "Traffic to and from that section is very limited. Any piece of equipment used there is marked with a red symbol, so if we see a red-marked object outside that area, we know it must be cleaned and sterilized before it's returned. We even have our employees change in and out of red clothing, to ensure there is no outside contamination."

With precautions like these in

place, it all comes down to the milk itself. In addition to testing for contaminants, Damafro also checks for an ideal balance of fat, sugar, and protein, which is essential for its cheese-making process. There is no room for second-best. As Philippe says: "Great cheese needs great milk. And Canadian milk is the best there is."



For recipes and more info on 100% Canadian milk, go to metroneWS.ca/canadianmilk



Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

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sourceofpride.ca

Plan for kid fun this fall

► The change in season brings a host of things to do with your children

The change in season brings a host of fun things you can do with your children. Raise their spirits with these fall activities:

1. Look at leaves — then jump in them. Visit a park or trail to admire the beauty of the red, orange, and yellow leaves. Let your children get messy as they jump into piles of leaves or have leaf fights.

2. Go apple-picking. Apples are prime for the picking in autumn. Bring your family to an orchard for an educational and enjoyable outing.

3. Bake something with pumpkin. Pumpkins are a great source of beta-carotene; vitamins C, K, and E; and lots of minerals like potassium, magnesium, and iron. Go online to find some kid-friendly pumpkin recipes that you and your children can try. Then enjoy

your finished product — or better yet — share it with others.

4. Donate to charity or volunteer. Your local food bank may need an extra set of hands to pack and distribute canned goods from fall food drives. Teach your children about the importance of helping others by volunteering together. You can also encourage them to help children and families in need around the world by donating gift items like school uniforms and vegetable seed kits through Christian Children's Fund of Canada, an international child development organization. Visit ccfcana.ca/GiftCatalogue.

5. Participate in community events. Look into your town's local listings for special festivals and events. **NEWS CANADA**

ST. PATRICK SPARKS ROMANCE

Names: Kara, 23, and Matthew, 27

Hometown: Fort Saskatchewan, Alta.

Together since: 2007

Their story:

How We Met:

Kara & Matthew

"I [Matthew] am a land surveyor and in March 2007, I was working in my hometown for a couple of weeks, staying with my parents ... My sister and I decided to get some friends together for St. Patrick's Day.

"When I showed up at the house after work, I was surprised to see a beautiful (woman) there (Kara) — she was my sister's friend

and I found out she'd be joining us for the night. We headed to Boston Pizza for some green beer and apps, and then hit up the town nightclub, which was pretty much deserted, so we all decided to play pool. Before long, I was paired up with Kara. We cleaned up at the table — there was definitely chemistry there!"

"The following week, I called the salon where Kara worked to book a haircut, and we began dating right after that appointment.

"We now live together and, once in a while, I sit back and wonder how I got so lucky."

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► Kara and Matthews met on St. Patrick's Day.



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Cornwall
Cornwall Square

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



WATCH FOR WEAK SPOTS

Everyone has a financial weak spot. For me, it's books. When I walk through my favourite rickety old book shop, I smell the insight fused into the books, which rest on dilapidated wooden shelves. My senses are overwhelmed and impulse takes over — \$40 and two masterpieces later, I've caved to the temptation.

Can you afford your financial weak spot? Satisfying an impulse to buy something you don't need can be dangerous; increased spending often leads to unnecessary bad debt. According to a recent report by the Certi-

fied General Accountants Association of Canada released in May 2010, Canadian household debt continues to rise. Today, Canadians collectively owe \$1.4 trillion, which is 2.5 times greater than in 1989 and if it were spread evenly among all Canadians, each person would owe \$41,740.

Good debt, like a mortgage or investment loan, is used to purchase assets which grow in value. In moderation, good debt is okay and it typically has a lower interest rate. Bad debt, a.k.a. consumer debt, often incurred through impulse buying, doesn't help you grow your assets. Car loans and credit cards fall into this category.

ALISON GRIFFITHS

MONEY@METRONEWS.CA



A Canadian Payroll Association survey notes that nearly 60 per cent of Canadians live pay cheque to pay cheque and admit they would be in financial difficulty if their pay pack arrived a moment later than expected.

I know what this is all about. No savings. More specifically, no emergency savings. Lots of people do have savings — group pension plans, RRSPs, RESPs but they're reluctant to tap that money if the washing machine breaks down.

Most financial planners advise employed home-

owners with children to set aside three months of net income — six months for the self-employed. So, if you clear \$32,000 annually you should have roughly \$8,000 in an emergency account, twice as much if you're self-employed.

"Good luck with that," you say. You're right. I'd set-

tle for a single month.

Part of the reason to save is to protect from job loss but also to cover out-of-the-ordinary expenses. Typically, when you're living pay cheque to pay cheque those unexpected expenses slide over to credit cards, credit lines, overdrafts or buy now pay later plans.

Interest rates/
Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

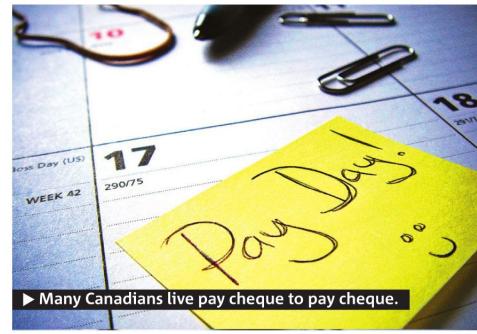
CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

I find this is often a financial tipping point for a family. A large debt goes on the credit cards and suddenly you feel like there's a noose around your neck getting tighter all the time.

Unfortunately, there are only two ways to solve this problem; make more money or cut spending. For most the latter is the only practical way to break the pay cheque to pay cheque cycle.

The good news here is that 60 per cent of those surveyed said they were trying to save more money. All you folks get a 10. For the rest of you there is some serious remedial work ahead. Next week I'll motivate the sluggards with some 10 saving tips and tricks.

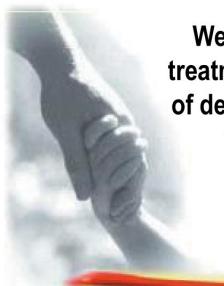
ON MONEY



Many Canadians live pay cheque to pay cheque.

Are you a parent with Depression?

Both you and your child can benefit when you seek help



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential

For more information contact Wendy Fusee:

(613) 722-6521 ext. 7828

Wendy.Fusee@rohcg.on.ca



University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale de l'université d'Ottawa

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- Excellent customer service and ability to successfully engage with customers
- Excellent oral and written communications skills
- At least one year of customer service or sales experience
- Strong, consistent work history

We offer paid training, competitive salary and benefits, performance incentives, career growth opportunities and an inclusive culture

- Assets of \$2.1 trillion and operations in more than 60 countries
- 2nd largest global issuer of Visa and MasterCard
- Over 40 years of stability and growth in Canada

We are looking for bilingual, English/French, customer service applicants for the following areas:

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Lending
Bank Card
Customer Care
Retention



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Keyword: ottawa1

We are committed to employment equity. Individuals who consider themselves aboriginal, visible minorities, and/or people with disabilities are encouraged to apply.

Carleton to launch new international development MBA

► Students combine business management studies with international affairs and public administration courses

 **STEVE COLLINS**
FOR METRO OTTAWA

Carleton University is broadening the horizons of its MBA program with a new concentration in international development. The program is a partnership between the Sprott School of Business,

the Norman Paterson School of International Affairs and the School of Public Policy and Administration.

"It's a very synergistic kind of program and it's surprisingly easy for us to put it together because all of the pieces were there on campus," said Roland

Thomas, assistant dean of MBA programs at Carleton.

The program, he added, is to his knowledge the first of its kind in Canada.

The program's official launch isn't until mid-October, but seven students have already enrolled for the fall semester.

Laura Roantree, a graduate of Sprott's Bachelor of Commerce program, is one of them. She hopes to work for the Canadian International Development Agency or the International Development Research Centre.

"I like the management perspective. I think the MBA program gives you a lot of the managerial skills," she said.

"I'm really interested in (being a development) project lead, and there's a lot to that, a lot of tangi-

ble skills in terms of managing a budget, managing people, managing your location and as many external factors as you can."

"It was the exact program I wanted. There was no hesitation. I'd spent the last year contemplating applying to the school of international affairs or doing an MBA ... I couldn't really decide between the two, and then the marriage of the two was just exactly what I wanted."

LAURA ROANTREE, MBA STUDENT



► MBA student Laura Roantree hopes to bring managerial know-how to women's and children's health projects in the developing world.

Family Matters

Even before this year's new international development concentration, Carleton MBAs were already directing their studies outside the corporate boardroom. In June, three Sprott MBA students won awards from the Canadian Association of Family Enterprise (CAFÉ) for their essays on the unique issues faced by family businesses. The winners:

- Rebecca Desroches and Christina Fuhrhop - Family Business: Leveraging Inherent Competitive Advantages for Long-Term Success
- Mark Booth - Why Family Business is Everyone's Business: A Case for Formal Education in Family Enterprise Management
- Established in 2008, CAFÉ assists families in business and building their contribution to the economy of Canada.

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"Schulich has always been a leader in the integration of entrepreneurial thinking across all business programs. In today's rapidly changing, globalized world, an entrepreneurial mindset is more important than ever for strategic planning and implementation by leaders in business, government and the nonprofit sector."

Eileen Fischer
Professor of Marketing
Anne & Max Tanenbaum Chair in Entrepreneurship and Family Enterprise
Director, PhD Program
Director, Entrepreneurial Studies Program

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MBA/IMBA/MF Information Sessions

Ottawa
September 28
5:30 pm-7:00 pm
Chateau Laurier
1 Rideau Street

Kingston
September 30
7:00 pm-8:30 pm
Radisson Hotel
1 Johnson Street

To register, visit:
www.schulich.yorku.ca/infosessions

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#10 in the world); *Forbes* (6th best non-US school); The Aspen Institute, a US think tank (#1 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. They also rank the Schulich MBA #1 in Canada.

Studying at home and abroad

► The Telfer School of Management encourages students to think globally

 STEVE COLLINS
FOR METRO OTTAWA

The University of Ottawa is within walking distance of most of Canada's major federal institutions, and the university's Telfer School of Management takes full advantage of this proximity.

"We're based in Ottawa, we're really tied into industry here, and we have the federal government of course sitting right there," said Assistant Professor Michael Miles, the school's MBA program director. "We go out of our way to bring people into the classroom,"

"We go out of our way to bring people into the classroom."
MICHAEL MILES, U OF O

Michaud. The MBA program, Miles said, also includes a strong international component, including an annual trip to the Vlerick Leuven Gent Management School in Belgium, featuring tours of European corporate operations.

This year, Telfer's MBA class boasts more international students than ever, with 23 out of 45 students coming from abroad. Last year, it was six out of 30.

"The quality of the dialogue in the classroom about international issues will be phenomenal this year, just because we have people who can speak to that reality," Miles said.



► The University of Ottawa's Desmarais Building, home of the Telfer School of Management.

Highly rated

The Telfer School of Management is one of only three business schools in Canada and 40 in the world accredited by all three major international

agencies which rate MBA programs. They are:

- Advance Collegiate Schools of Business Association (AACSB): Based in Tampa, Florida, this international organization of schools,
- Association of MBAs (AMBA): The Telfer School of Management became a member of the London-

based authority on post-graduate business education in 2005.

- European Quality Improvement System (EQUIS): The Telfer School of Management received this accreditation in 2009.



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**CANADA'S
MBA FOR
WORKING
PROFESSIONALS**

As Jose Bautista closes in on 50 home runs this season, the Blue Jays are left with some tough choices to make. Should they reward him with a hefty new contract now, or wait to see if he can repeat this year's breakout performance next season?



Bautista's future: Big stats, big questions

As the numbers have grown, so has the quandary.

José Bautista, one swing away from becoming just the 26th major leaguer to reach the 50-homer plateau, is nearing the end of one of the best offensive seasons by a member of the Toronto Blue Jays. Yet, the bigger his year gets, the more complicated it has made one of the biggest questions facing the club this winter.

Exactly how much stock should be placed in Bautista's record-breaking breakout?

His track record says not much. Baseball history tends to agree. And the safe bet is to dismiss the more than three-fold increase in home runs as a fluke.

But then it's also possible that his performance isn't an anomaly. Maybe the Blue Jays stumbled into one of game's elite sluggers

a career-high 46 homers in 2007 at age 29 and has followed that up with totals of 31, 39 and 27 home runs so far this season.

► **Chicago White Sox** outfielder Carlos Quentin broke out with 36 homers in 2008 at age 25 but has declined to 21 and 25 homers since with a drop in all his other numbers, too.

► **Former Orioles outfielder Brady Anderson** launched 50 homers in 1996 but never had more than 24 in any of his other 15 big-league seasons.

Flash in the pan?



History shows that players who have posted big increases in home runs have a mixed record.

► **Tampa Bay Rays first baseman Carlos Pena** launched

through a waiver-wire claim from a team eager to discard him. And maybe all he needed was the right instruction, the right opportunity and the right environment.

The 29-year-old went into the 2010 season with a career high of 16 homers.

So the Blue Jays have some deep thinking to do with regards to Bautista, whose \$2.4-million salary this season will likely rise to the \$6 million to \$8 million range in his final year of arbitration eligibility. He can then become a free agent after the 2011 season.

Even if he reverts to a player who bats .250 with a .340 on-base percentage and 25 homers and 90 RBIs, he's of tremendous value given his plus defence in right field and at third base, and clubhouse status as an intermediary between the American and Latino quarters.

But it's unclear if Bautista will accept the corresponding salary, or look to get paid like the best boppers in the game.

A long-term deal this winter is only likely to happen if it mitigates risk for the Blue Jays. Otherwise, they may very well let Bautista's play in 2011 answer the question before making their decision. But by then, the price may have gone up dramatically, with the possibility of other bidders in the room.

Two weeks remain before the cheering ends. Then the challenge looms.

THE CANADIAN PRESS

Year by year

2000

Bautista is chosen in the 20th round of the draft by the Pittsburgh Pirates. He had what scouts like to call projectability, but he struggled to fully capitalize on his natural talents.

2003

He was left unprotected for the Rule 5 draft and was taken by Baltimore. Is waived by Orioles, sold by Rays, traded by Royals and then flipped by Mets back to Pirates.

2008

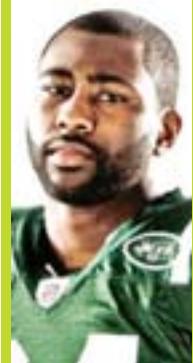
The Pirates gave up on him a second time and he was claimed on waivers Aug. 21 by the Blue Jays.

2009

After Jays hitting coach Dwayne Murphy and manager Cito Gaston help him remake his swing, he hits 10 home runs in 30 games to end the season.



Quoted



"I'm not going to step out on the field until I actually feel 100 per cent. Right now, it's tight. I can feel that it's tight. Once I don't feel that tightness anymore, that's when I'll get out on the field."

JETS CORNERBACK
DARRELLE REVIS, ON HIS STRAINED LEFT HAMSTRING

"With hamstrings, you really can't tell. Could he play in nickel situations? Is it best to rest him the whole time? We've got to be smart with this one."

JETS COACH REX RYAN



Scan code for more sports

MLB

AMERICAN LEAGUE

EAST DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	90	.59	.604	—	4-6	L-1	49-27	41-34
Tampa Bay	89	.59	.601	1/2	—	7-3	46-29	44-35
Boston	83	.67	.553	7/2	5-5	L-1	43-33	40-34
Toronto	75	.74	.503	15	14/2	3-7	L-1	39-33
Baltimore	60	.90	.400	30/2	30	7-3	W-2	34-43

CENTRAL DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	89	.60	.597	—	7-3	L-1	49-25	40-35
Chicago	79	.70	.530	10	10/2	2-8	L-6	40-34
Detroit	76	.74	.507	13/2	14	6-4	W-4	48-28
Cleveland	62	.87	.416	27	27/2	5-5	L-1	32-42
Kansas City	61	.88	.409	28	28/2	4-6	L-1	34-40

WEST DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	.65	.561	—	8-2	L-1	48-26	35-39
Oakland	74	.74	.500	9	15	6-4	W-1	44-30
Los Angeles	73	.76	.490	10/2	7-3	W-1	38-34	35-42
Seattle	57	.92	.383	26/2	23/2	2-8	W-1	35-42

NATIONAL LEAGUE

EAST DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	90	.61	.596	—	9-1	W-8	49-27	41-34
Atlanta	86	.65	.570	4	—	6-4	L-1	52-33
Florida	74	.75	.497	15	11	4-6	W-1	36-39
New York	74	.76	.493	15/2	11/2	5-5	L-1	44-30
Washington	62	.88	.413	27/2	23/2	8-2	L-4	35-37

CENTRAL DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	84	.66	.560	—	5-5	L-1	45-30	39-36
St. Louis	77	.72	.517	6/2	8	4-6	L-1	46-28
Houston	73	.77	.487	11	12/2	6-4	W-2	41-37
Milwaukee	69	.79	.466	14	15/2	5-5	L-1	36-38
Chicago	68	.81	.456	15/2	17	8-2	W-6	33-42
Pittsburgh	51	.98	.342	32/2	34	4-6	W-3	36-39

WEST DIVISION

W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	.66	.560	—	6-4	L-1	45-30	39-36
San Diego	83	.66	.557	1/2	2	4-6	L-1	42-32
Colorado	82	.67	.550	1/2	3	7-3	L-1	51-24
Los Angeles	73	.77	.487	11	12/2	4-6	W-1	42-33
Arizona	59	.91	.393	25	26/2	2-8	L-3	35-40

AMERICAN LEAGUE

Last night's results

Detroit 7 Kansas City 5

Tampa Bay at N.Y. Yankees

Baltimore 4 Boston 2

Cleveland at Minnesota

Chicago White Sox at Oakland

Texas at L.A. Angels

Sunday's results

Boston 6 Detroit 0

Baltimore 4 N.Y. Yankees 3 (11 ings)

L.A. Angels 6 Tampa Bay 3

Kansas City 6 Cleveland 4

Oakland 6 Minnesota 2

Seattle 2 Texas 1

Detroit 9 Chicago White Sox 7 (11 ings)

Tonight's games

(All times Eastern)

Atlanta (Minor 3-1) at Philadelphia (Halladay 19-10), 7:05 p.m.

Houston (Happ 6-2) at Washington (Lannan 8-7), 7:05 p.m.

St. Louis (Westbrook 2-3) at Pittsburgh (Wilson 7-15), 7:05 p.m.

New York (Mets 1-1) at Florida (Mendez 1-1), 7:10 p.m.

Baltimore (Bergesen 7-10) at Boston (C.Buchholz 16-7), 7:10 p.m.

Cleveland (Carmona 12-14) at Minnesota (S.Baker 12-9), 8:10 p.m.

Chicago White Sox (Buehrle 12-11) at Oakland (Cahill 16-7), 10:05 p.m.

Texas (C.Lewis 11-12) at L.A. Angels (E.Santana 16-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results

Florida 4 St. Louis 0

Philadelphia 3 Atlanta 1

Houston 8 Washington 2

Cincinnati at Milwaukee

Sunday's results

Atlanta 6 N.Y. Mets 3

Chicago Cubs 13 Florida 3

Pittsburgh 4 Arizona 3

Philadelphia 7 Washington 6

Houston 4 Cincinnati 3

St. Louis 4 San Diego 1

San Francisco 9 Milwaukee 2

LA. Dodgers 7 Colorado 6 (11 ings)

Detroit 9 Chicago White Sox 7 (11 ings)

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Atlanta (Minor 3-1) at Philadelphia (Halladay 19-10), 7:05 p.m.

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Chicago White Sox (Buehrle 12-11) at Oakland (Cahill 16-7), 10:05 p.m.

Texas (C.Lewis 11-12) at L.A. Angels (E.Santana 16-9), 10:05 p.m.

NATIONAL LEAGUE

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	257	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	6
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Friday's game

(All times Eastern)

Montreal at Winnipeg, 8 p.m.

Saskatchewan at Hamilton, 6:30 p.m.

Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

Montreal at Winnipeg, 8 p.m.

Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

Edmonton vs. Winnipeg (at Mon

Deals of the week

NON-STOP FLIGHTS

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.

\$1089

+Taxes & other fees
(including service charges): \$305

Gran Bahia Principe
Punta Cana • 4 1/2★

All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.

\$1349

+Taxes & other fees
(including service charges): \$305

CUBA

Varadero

Sirenis La Salina Varadero
Beach Resort • 4★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

\$1459

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

CUBA

Santa Clara

Royal Hideaway
Ensenachos • 5★

All-Inclusive
Royal spa premium rm.
Jan. 2 - 23 • 1 wk.



\$1249

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.



\$1769

+Taxes & other fees
(including service charges): \$276

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Dec. 25 • 1 wk.



\$1979

+Taxes & other fees
(including service charges): \$276

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe
Coba • 5★

All-Inclusive • Junior suite
Jan. 22 • 1 wk.

\$1349

+Taxes & other fees
(including service charges): \$284

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm.
Jan. 22 • 1 wk.

\$1399

+Taxes & other fees
(including service charges): \$284

TURKS & CAICOS

Ocean Club West Resort • 4★

Studio suite
Dec. 20 • 1 wk.

\$1659

+Taxes & other fees
(including service charges): \$249

FLIGHTS VIA TORONTO

CUBA

Holguin

Playa Costa Verde • 4★

All-Inclusive
Standard rm.
Oct. 9, 16 & 23 • 1 wk.

\$439

+Taxes & other fees
(including service charges): \$240
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe
El Portillo • 4 1/2★

All-Inclusive • Standard rm.
Oct. 3 - 24 • 1 wk.



\$589

+Taxes & other fees
(including service charges): \$326

SAINT LUCIA

The Village Inn & Spa • 3★

All-Inclusive
Standard rm.
Oct. 2 - 30 • 1 wk.

\$1239

+Taxes & other fees
(including service charges): \$232

USA

LAS VEGAS via Toronto

Bally's Las Vegas • 3 1/2★

Classic rm. • 25% savings
Nov. 23 & 30 • 4 nts.

\$589

+Taxes & other fees
(including service charges): \$168

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Carnival Cruise Line[®]

Carnival Victory[®]

Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat 6B
Nov. 21 & Dec. 12 • 1 wk.

\$1069

+Taxes & other fees
(including service charges): \$290



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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices in this ad are in Canadian dollars and are valid for bookings made between Sept. 21 & 25, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. *Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Saint Lucia via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. ■ Carnival Cruise Lines[®] The Bahamas and Panama Carnival Cruise Lines ships' registry: The Bahamas and Panama. ■ Aeroplan is a registered trademark of Aeroplan Canada Inc. ■ Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.



SEPTEMBER AND OCTOBER CLASSES SEATS STILL AVAILABLE!!

Accounting and Payroll Administrator

Program Objective

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that exposes each student to gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

Technical Skills

- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing



Fitness and Health Promotion

NEW

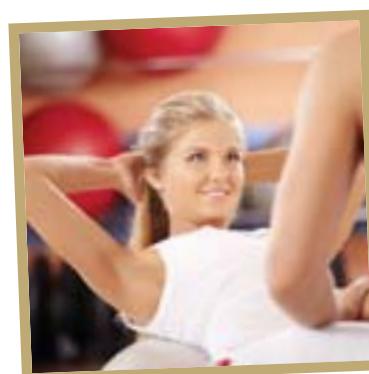
Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics



Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification

This program helps prepare you for these Can-Fit-Pro certifications:

- Fitness Instructor Specialist
- Personal Trainer Specialist
- Nutrition & Wellness Specialist

Onsite Can-Fit-Pro testing is provided for graduates

Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

This 40 week diploma program includes an 8 week co-op placement.

CALL TODAY
Classes Starting Monthly!
613-722-7811

Paralegal

The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

Travel Counsellor

Take this program
ONLINE!

The Travel and Tourism industry is one of the biggest employers in the world. Through this program, you will obtain an understanding of agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be signing on live to SABRE, the premier electronic airline reservation system in the world! Complete in 28 weeks in-class or 12 months online.

ALGONQUIN CAREERS ACADEMY

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